

HALIFAX

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NEWS  
WORTH  
SHARING.



## Wintry Wednesday wallop

Environment Canada calling for 'messy weather,' considerable snowfall this week **PAGE 3**

## Happy birthday, you have 1.3B notifications

Facebook turns 10 today — but what will the child star grow up to be? **PAGE 7**

## In Hollywood, show must go on

Fans, actors mourn 'devastating loss' of Philip Seymour Hoffman, whose role in the Hunger Games will remain intact **PAGE 9**

## FOR CANUCKS INTO 'HUGELY UNCONVENTIONAL' DATING ...

THE BACHELOR CANADA AUDITIONS WERE THE PLACE TO BE AS CASTING CALL COMES TO A CLOSE IN HALIFAX **PAGE 4**

# Halifax's indelible snowman



Tattoo and snow sculpture artist Gordon Sparks poses for a portrait by his latest work on Monday.

JEFF HARPER/METRO

**Snow, spoons and spatulas.** Tattoo artist creates sculptures around HRM



HALEY RYAN  
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Gordon Sparks says he likely wouldn't have discovered his newest hobby if it wasn't for a snowstorm and a machete.

Sparks, a local tattoo artist, has been making large snow sculptures since last year when a client cancelled their appointment due to the rough weather.

He shoveled the driveway and then decided to re-create his dog, Harley, out of snow after looking at the huge pile he'd built up.

"I went outside with a machete and a spatula and I went to town. I just started chipping away at it, but not really being too serious," Sparks said.

Now, after every storm,

Sparks digs the snow out with his tools and shapes it into artwork, with "old man winter" as his latest project.

Sparks said the neighbours have been so excited that many changed driving routes so their kids could see how each project is going on their way to school.

"I keep it up. I like seeing everybody happy about it, and it's all good vibes."

Sparks said he's learned a lot about how to manipulate snow with water, slush and weather temperatures to create different textures through

like.

"Each sculpture I learn something different, and I learn something new. It's kind of like 'Eureka, there you go,'" Sparks said.

Depending on the size, sculptures can take anywhere from 20 to 80 hours.

Sparks said his work is getting more attention, and he was approached by the Oval to create a polar bear sculpture before Friday afternoon.

Starting on Wednesday, Sparks said he'll try to finish the Oval polar bear in about 15 hours, and has an eight-by-

### Living the life

**"I'm like a big 34-year-old kid playing in the snow. It's awesome."**

Gordon Sparks

trial and error.

He uses everything from his trusty machete, to wood-carving tools and spoons to get the finer details on his chilly artwork after sketching what the piece should look

eight-foot box of snow he'll be working with.

"I'm super pumped. It's super cool," Sparks said, adding that he'd hoped to do a sculpture at the Oval for the past year.



## Brunello to Purdy's Wharf before your coffee gets cold.

Condo living is easy, on a Tom McBroom golf course, 15 minutes from downtown.  
*Active listings online!* Exit # 3 off the 103 *New!* Condo Garden Suites Open House – Weekends 1 to 5pm

A SENSE OF PLACE  
**Brunello Estates**  
brunelloestates.com

# Cyber-safety Act gets very first test run in court case

## Cyberbullying law.

First Nation chief says she has been the target of harassment, threats

A unique law will be tested in a Nova Scotia courtroom for the first time when government lawyers argue later this month that someone accused of making online threats should be ordered to stop the alleged cyberbullying.

Attorneys for the province's Justice Department will present the case in the Nova Scotia Supreme Court in Halifax on Feb. 11 under the Cyber-safety Act — one-of-a-kind legislation aimed at

addressing the rising number of cyberbullying claims.

Roger Merrick, director of public safety, says the case is an important test of the law and is being closely watched by other provinces interested in coming up with ways to shut down and prevent online harassment.

"It's a milestone for us," he said in an interview.

The case centres on allegations by Andrea Paul, the

### Victim

**"This whole ordeal has been a nightmare, and I have felt powerless."**

Andrea Paul, in an affidavit

chief of the Pictou Landing First Nation, who says Christopher George Prosper was posting negative and threatening comments about her and her family on several Facebook sites.

According to an affidavit from Dana Bowden, an officer with Nova Scotia's CyberSCAN unit, Prosper called Paul a "crook, backstabbing b\*\*ch, two-faced to our elders. Your fake smile needs a punch in the face."

Paul contacted the CyberSCAN unit, the first of its kind in the country to be tasked with investigating all complaints of cyberbullying in the province.

Bowden met with Prosper and told him he was being

### One to watch



**"It is important because you're kind of blazing new territory, and I think it will be interesting to see how it is applied in this kind of case."**

Wayne MacKay, a cyberbullying expert and law professor at Dalhousie University

investigated. Bowden says in her affidavit that Prosper admitted to creating a Facebook page about the chief but agreed to delete it and avoid

communication with Paul.

In her affidavit, Paul says she has known Prosper for much of his life and alleges that he resumed posting negative comments about her on his Facebook page.

"This whole ordeal has been a nightmare, and I have felt powerless about how to deal with him," she said in her affidavit.

She is seeking a prevention order against him, which says he should remove all messages about her deemed to be cyberbullying, not contact her and refrain from cyberbullying.

None of the allegations in the case has been proven in court.

THE CANADIAN PRESS

# SIRT investigates apparent suicide

The provincial unit that investigates serious incidents involving police has taken over after a missing hospital patient apparently took his own life in front of officers in Halifax on Monday.

A release from Halifax Regional Police states officers received a report that a 27-year-old man "who may have presented a danger to himself" was missing from Capital Health's Nova Scotia Hospital site.

Police went to the man's home at an apartment building in the 1000 block of South Park Street around 1:30 p.m. and found the door had been barricaded.

Officers were forced to break the door down and entered the apartment to find the man outside on the balcony.

"Minutes later, the man went over the balcony, landing on a platform below," states the release.

Paramedics rushed the man to hospital, where he died.

Serious Incident Response Team director Ron MacDonald said his team will interview the officers and civilian witnesses to figure out what happened in those few minutes when police were in the apartment and the man was on the balcony.

"Those particular details are all unclear to us at this point, having just started our investigation," said MacDonald. "But obviously that's part of our investigation, is to determine what actions police actually took once they got there and what the interactions with him were." METRO



The South Park Street apartment where a person fell to their death in Halifax on Monday. JEFF HARPER/METRO

# Missing man killed by truck

Halifax RCMP say a 44-year-old Dartmouth man intentionally ran onto Highway 102 before being struck and killed by a transport truck.

Cpl. Scott MacRae said the incident happened at 5:49 p.m. Sunday, when David Allen Doucette was hit by a truck travelling outbound near the Kelly Lake scales.

Paramedics pronounced him dead at the scene.

Doucette's car was parked

well away from the roadside, MacRae said.

Police were on site for several hours investigating the crash. The highway was never shut down, but some lanes were closed to traffic.

Police alerted the public to Doucette's disappearance last week. He was last seen in Halifax on Jan. 25.

MacRae said police aren't sure why Doucette was on the highway or how it was

### Driver

**Police anticipate no charges against the trucker.**

connected to his disappearance, but an investigation is ongoing.

"What's important is there was a tragic loss of life on our highway," MacRae said.

HALEY RYAN/METRO

# 20-year veteran. Halifax police constable charged with impaired driving

A constable with Halifax Regional Police has been placed on administrative duties after being charged with impaired driving early Monday morning.

Const. Charles Bruce, 48, was arrested for having a blood-alcohol level above the legal limit during a traffic

stop in Cole Harbour around 2:30 a.m., police say.

Bruce, a 20-year veteran of the force, was off-duty when the alleged impairment occurred, a release from HRP states.

He is scheduled to appear in Dartmouth provincial court on March 26. METRO



## Freedom of information. Officer says government is removing her

Nova Scotia's freedom of information review officer says the government's decision to terminate her job with only two weeks notice shows a level of disregard and disrespect for an office committed to transparency and accountability.

Dulcie McCallum said her last day on the job will be Tuesday, two weeks after she was told she would not be re-appointed at the conclusion of her seven-year term.

"It doesn't send a good message," she said Monday in an interview.

"The kind of disregard or disrespect for me personally or for the office and the importance of its work could permeate the system. Employees will think, 'Boy, if they treat her like that, what's around the corner for me?' Who's going to come to a province that behaves like that?"

Unlike most other freedom of information commissioners in Canada, McCallum is not an officer of the legislature.

That means the cabinet alone decides on the appointment and has the power to replace the officer at the end of their term without the ap-

proval of the legislature.

With no independent review, the government leaves itself in an awkward position when asked to explain why someone has not been re-appointed, McCallum said.

"If they don't have an answer, then they start walking down a partisan road, which is very dangerous for the reputation of this little office," she said.

Jamie Baillie, leader of the Opposition Progressive Conservatives, said it appears the Liberal government is trying to silence a potential critic while making room for "another plum patronage appointment to a Liberal friend."

Chad Lucas, spokesman for Justice Minister Lena Diab, issued a brief statement saying the province is grateful for McCallum's "excellent service." Lucas declined a request for an interview, saying the move was a personnel matter.

McCallum said she was given no reason for the government's decision. She also said she would have appreciated more notice to keep the office running smoothly through the transition period.

THE CANADIAN PRESS



Pedestrians walk through last week's winter storm. JEFF HARPER/METRO

# Forecast: Another wintry Wednesday

**Snow job.** Halifax could see another 15 centimetres of the white stuff for mid week

GEORDON  
OMAND  
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In a season that has so far seen record-high temperatures and record snowfall amounts, Environment Canada is predicting yet another Wednesday winter storm for Halifax.

This would be the third Wednesday storm in row.

Jan. 29

15

The amount of snow in centimetres the Halifax region received from a storm on Wednesday, Jan. 29

"When it's winter in Nova Scotia you can expect just about anything," said Tracey Talbot, a meteorologist with Environment Canada.

"Much of Wednesday could be snowy and blowy," she said, calling for "messy weather" throughout the day.

Jan. 22

25

The amount of snow in centimetres the Halifax region received from a storm on Wednesday, Jan. 22

She predicted up to 15 centimetres of snow, with temperatures hovering around the seasonal norm of minus 2 degrees.

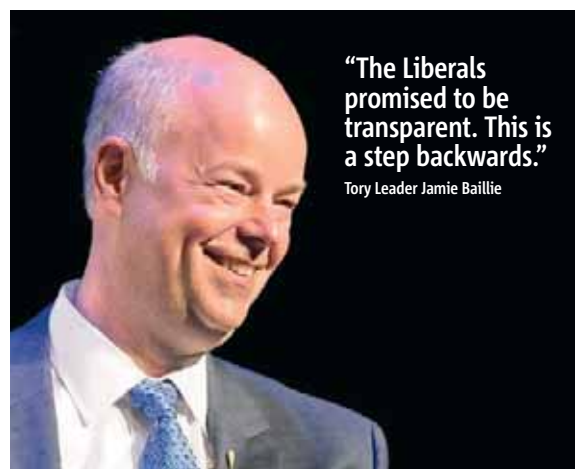
"The one thing that could be a bit different is there's a chance it could mix along the coastline with some ice pellets," added

Talbot. "The visibility won't be quite as bad, but that's not a certainty at the moment."

The weather forecaster is calling for blowing snow to begin in Halifax around midday, tapering off sometime in the overnight hours.

"There's still a little bit of uncertainty as to the exact track of the system," said Talbot. "But as we get closer to Wednesday we should have a better idea."

In the wake of the predicted storm, Environment Canada has issued a special weather statement for the entire province.



"The Liberals promised to be transparent. This is a step backwards."

Tory Leader Jamie Baillie

## Halifax's very own Dr. Doolittle wins national award

Halifax's Dr. Doolittle may have a similar name as a fictional scientist, but he spends a bit more time studying DNA than chatting with animals.

Dr. W. Ford Doolittle, professor emeritus of the Department of Biochemistry and Molecular Biology at Dalhousie University, received the Gerhard Herzberg Canada Gold Medal for Science and Engineering on Monday.

"It's nice to see it come to the Maritimes," said Doolittle from Ottawa before receiving the medal to go along with the award's \$1 million research grant.

Doolittle said the award from the Natural Sciences and Engineering Research Council of Canada has been given out 21 times, but this is a first for the Atlantic region and great recognition for Dal-

housie.

The study of life at its most basic level grabbed Doolittle when he was studying in the lab of a famous scientist back in his Illinois hometown during high school.

"It was such an exciting place to be I figured that's what I wanted to do," said Doolittle.

The funding will be used across a few of his research

areas, Doolittle said, including whether or not the history of life is "appropriately represented" in a tree fashion like Darwin suggests or if we need a more complicated system.

"Philosophically and spiritually it's important to know where we come from, so I think evolution is what tells us that," he said.

HALEY RYAN/METRO

### Controversial theory

Dr. W. Ford Doolittle will also look into whether much of the human genome is "junk," a controversial theory Doolittle put forward 40 years ago, and his current microbiome research on microbes that live together in one place as if they were a community.



Dr. W. Ford Doolittle CONTRIBUTED

# Eligible bachelorette looking for true romance in high-def

## The Bachelor Canada.

23-year-old woman from Newfoundland hopes to land a spot on second season of reality dating show

GEORDON OMAND

halifax@metronews.ca

Sarah Rowe is hoping for true love, and she's willing to put it all on the line to find it.

The 23-year-old flew all the way from Newfoundland to audition in Halifax on Monday for one of the 25 coveted bachelorette spots in the second season of The Bachelor Canada.

"I'm pretty excited about it," said Rowe, a 23-year-old marketing coordinator from Mount Pearl, N.L., who said she has watched The Bachelor since she was 12.

"Where I'm from in Newfoundland, it's a lot of the same people," she said. "I want to get out of my comfort zone

## Quoted

**"I'm just really excited and hoping for the best."**

Sarah Rowe, bachelorette hopeful

and (am) hoping for a new experience."

Based on the original American show, The Bachelor Canada is a competitive reality series in which 25 women vie for the affections of a single bachelor.

Monday was the final day of a cross-Canada public casting call that began in Vancouver on Jan. 25, and is looking for one man and 25 women.

All single Canadians 18 years and older were eligible to apply.

"We're looking for people with a real sense of adventure," said the show's executive producer Sean De Vries.

"For a lot of women who've tried traditional dating services, or Internet dating ... and it hasn't worked and (who) want to try something hugely unconventional, this is the



Sarah Rowe takes time before her Bachelor Canada audition to pose for a photo on Monday. JEFF HARPER/METRO

place for them."

The first season of The Bachelor Canada aired in October 2012.

Of the inaugural season's 25 bachelorettes, only one participant was from Atlantic Canada.

Coming out of the audition, Rowe described the experience as fun.

"They asked me a lot of

personal questions about like what I'm looking for in love," she said.

"I'm hoping I did well."

# HMCS Toronto ready to head home to Halifax



HMCS Toronto in the Halifax harbour. ANDREW RANKIN/THE CANADIAN PRESS FILE

More than a year after leaving Halifax for the Middle East, HMCS Toronto is ready to come home.

The Royal Canadian Navy frigate — expected home at the end of the month — left Atlantic Canada in January 2013 to participate in Operation ARTEMIS.

ARTEMIS is Canada's contribution to a multinational task force initiative focused on promoting maritime

security and countering terrorism activities in the waters around the Arabian Peninsula and the Indian Ocean.

"The personnel deployed on Operation ARTEMIS have done outstanding work to date," said Lt.-Gen. Stuart Breare, head of Canadian Joint Operations Command, in a news release.

"Canadians can be proud of our role in supporting se-

curity in this important region, sustaining good order at sea, and allowing for the safe flow of people and commerce across these waters."

The Halifax-class frigate houses a crew of about 250, all of whom were replaced while on mission in July with fresh personnel.

According to the Department of National Defence, the Halifax-class frigate steamed nearly 150,000

kilometres, conducting five dozen boardings and intercepting and destroying nine narcotics shipments.

An onboard CH-124 Sea King helicopter logged more than 700 flying hours over the year-long deployment.

HMCS Regina is en route to the Arabian Sea to take over HMCS Toronto's duties in the operation.

GEORDON OMAND/FOR METRO

## Arcadia

### Dog's death under investigation

RCMP, SPCA and local animal control officers are investigating after a dead dog was discovered in the woods near Arcadia in southern Nova Scotia.

Police in Yarmouth were called to the scene Sunday afternoon to identify what they said appeared to be gun shot wounds on the animal. **METRO**

## Victoria County

### Snowmobile accident kills Cape Breton man

A 41-year-old Nova Scotia man from Mira Gut has died following a snowmobile accident in Victoria County on Saturday.

At about 12:45 p.m., Baddeck RCMP responded with assistance from Emergency Health

Services to the snowmobile accident on a groomed trail on Hunter Mountain.

The snowmobile driver was injured and transported to Cape Breton Regional Hospital, however he died due to his injuries the next day.

The name of the victim is being withheld pending notification of next of kin. The cause of the crash is still under investigation.

**CAPE BRETON POST**

## Dartmouth

### Police find missing 14-year-old girl

Halifax police have safely located a 14-year-old girl from Dartmouth who was declared missing Monday morning.

Montana Regan-Walsh was last seen Jan. 31 at 9 p.m. after leaving her home on Ellenville Avenue. Police said she was located unharmed in Halifax on Monday afternoon. **METRO**

## Truro

### 3 men sought in home invasion

Police are seeking three men after a Truro home invasion on the weekend. The incident was reported around 11:20 p.m. Sunday at a residence on Willow Street. The owner stated three men entered his apartment brandishing what was believed to be a knife. There were no injuries. **TRURO DAILY NEWS**

## Sydney

### Doctor to enter plea in sex-assault case

A Sydney-based doctor is scheduled to appear back in provincial court next month to enter a plea on a single count of sexual assault.

Dayananda Kodagoda, 65, is alleged to have committed the offence against a female last Aug. 19 in Sydney. **CAPE BRETON POST**



# Vancouver deputy mayor meets IOC execs to talk LGBTQ rights

**Sochi.** Meeting with IOC president's senior staffers proves hopeful



KATE WEBB  
Metro in Vancouver

It took Vancouver Deputy Mayor Tim Stevenson just three days after arriving in Sochi, Russia to get what he came for: A meeting at the office of the president of the International Olympic Committee (IOC).

The openly gay city councillor travelled across the world with the full backing of his hometown, a former Olympic host city, to urge the IOC to add sexual orientation to its charter among other unacceptable forms of discrimination.

He came away hopeful it



Jochem Farber, left, head of the IOC president's executive office, meets with Vancouver Deputy Mayor Tim Stevenson, IOC director of communications Mark Adams, and former VANOC spokeswoman Maureen Douglas in Sochi, Russia, on Monday. COURTESY IAN JONES/IOC

will do just that.

"I'm pinching myself a bit," he told Metro on Monday in a phone call from the subtropical Russian city, just hours after meeting with two of the IOC

president's senior staffers.

"It's far more hopeful, and I am far more positive than I thought I would be."

Stevenson explained that the new president himself,

German fencer Thomas Bach, is busy meeting with heads of state and his executive board until the Games kick off Feb. 7.

But Stevenson was thrilled regardless to be able to sit

down for 75 minutes with Jochem Farber, the head of the president's executive office, as well as IOC director of communications Mark Adams.

"They basically said that

## Quoted

**"It's far more hopeful, and I am far more positive than I thought I would be."**

Vancouver Deputy Mayor Tim Stevenson, on his meeting to urge the IOC to amend its charter to include sexual orientation.

with the new president, Bach, he is instituting a whole renewal program of the IOC and everything is on the table for discussion with the members, including sexual orientation," Stevenson said.

The sweeping review, known as "Olympic Agenda 2020," began in December and will be discussed in the coming days by the 100-plus members of the IOC. It will culminate in December with a huge conference and vote in Monaco. **WITH FILES FROM THE ASSOCIATED PRESS**

# Boy was chained up, starved, beaten: Crown

A 10-year-old boy who died in the care of his father and stepmother was kept chained to his bed, stomped on and starved, prosecutors alleged Monday in the first day of the couple's murder trial.

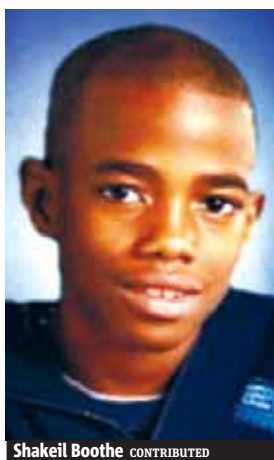
Autopsy results showed "injuries on top of injuries" and open wounds on Shakeil Boothe's emaciated body, as well as clear signs of infection in his lungs and blood stream, Crown lawyer Kelly Slate told a Toronto-area court.

The boy's death was caused by a combination of blunt-force injuries, malnutrition, pneumonia and other infections, she said in her opening statement.

Shakeil's lifeless body was found on May 27, 2011, in the family's Brampton, Ont., home, court heard.

The boy's father, Garfield Boothe, and stepmother, Nichelle Boothe-Rowe, are charged with second-degree murder.

Garfield Boothe was originally charged with failing to provide the necessities of life but that charge was later



Shakeil Boothe CONTRIBUTED

upgraded to second-degree murder.

Nichelle Boothe-Rowe was previously facing a manslaughter charge.

Shakeil left his grandmother's care in Jamaica in 2009 to come live with his father in search of a better life, Slate said. Instead, he was dead within two years of his arrival.

Slate said the boy was an "obviously sick, malnour-

ished child" at the time of his death.

"Shakeil did not get to that state overnight."

Boothe and Boothe-Rowe "had an obligation to care for their 10-year-old son once he came to Canada," she said.

But things changed once the couple had a son of their own — an infant born in September of 2010, Slate argued.

Neighbours noticed Shakeil, previously viewed as a "happy but shy and quiet boy," wasn't seen playing outside or going to school, she said. They were told he was inside playing video games, she said.

And public health nurses who visited to help Boothe-Rowe with the baby "saw no sign of another child living in the house," Slate said.

Boothe called 911 the afternoon of May 27 to report Shakeil wasn't conscious or breathing.

Paramedics testified Monday they found the boy lying in bed, frigid and stiff and foaming at the mouth, suggesting he had been dead for a while.

**THE CANADIAN PRESS**

## Surveillance. CSEC chief denies agency breached Canadians' privacy

The head of Canada's eavesdropping agency says an effort to understand airport wireless systems did not breach the privacy of Canadians.

John Forster told a Senate committee that Communications Security Establishment Canada (CSEC) was merely collecting metadata, or data about data, and not the content of messages.

A document obtained by CBC indicates the pilot project was intended to help the agency locate kidnappers and terrorists.

The CSEC slide presentation suggests information was taken from an unidentified Canadian airport's free Wi-Fi system over a two-week period.

Forster says the agency was trying to build a mathematical model to help determine a communication pattern at a public location, in this case an airport. He says the model has subsequently been used in at least two cases to identify legitimate foreign targets.

Ottawa-based CSEC monitors foreign computer, satellite, radio and telephone traffic of people, states, organizations and terrorist groups for information of intelligence interest to Canada.

It is a key player in the Five Eyes intelligence network that includes partner agencies from the United States, Britain, Australia and New Zealand.

**THE CANADIAN PRESS**



CSEC Chief John Forster prepares to appear before the Senate National Security and Defence committee in Ottawa Monday. FRED CHARTRAND/THE CANADIAN PRESS

## Dramatic increase

### WHO predicts rise in cancer cases

The World Health Organization's cancer agency warns there will be 22 million new cases of cancer every year within the next two decades.

A report Monday estimated there were 14 million new cases in 2012, but predicted that figure would jump due to global aging and the spread of cancers to developing nations.

**THE ASSOCIATED PRESS**

## Lev Tahor children

### Kids must return to Quebec: Judge

An Ontario judge has ruled that children from an ultra-Orthodox Jewish sect, who left Quebec while the community was being investigated by social services, should be returned to that province.

Members of the Lev Tahor community, in Ste-Agathe-des-Monts, Que., were under investigation last year for issues including children's health and allegations that the kids weren't learning according to the provincial curriculum.

**THE CANADIAN PRESS**



## Sochi. Stray dogs targeted for killing ahead of the Olympics

Thousands of stray dogs have been living amid the mud and rubble of Olympic construction sites, roaming the streets and snowy mountainsides, and begging for scraps of food.

But as the games draw near, authorities have turned to a company to catch and kill the animals so they don't bother Sochi's new visitors or even wander into an Olympic event.

Alexei Sorokin, director general of pest control firm Basya Services, told The Associated Press that his company had a contract to exterminate the animals throughout the Olympics, which open Friday.

Sorokin described his company as being involved in the "catching and disposing" of dogs, although he refused to specify how the dogs would



Stray dogs sit outside the Rosa Khutor Extreme Park course in Sochi, Russia. THE ASSOCIATED PRESS

be killed or say where they would take the carcasses.

The dogs have been causing numerous problems, Sorokin said Monday, including "biting children."

THE ASSOCIATED PRESS

## Defence. Heavy security, gay rights issue won't detract from Games: IOC

Heavy security and Russia's anti-gay law should not detract from the Sochi Olympics, IOC President Thomas Bach said Monday.

Bach also reiterated his defence of Russia's massive spending on the Winter Games, saying the money is going to the long-term transformation of the region.

Speaking at a news conference four days before the opening ceremony, Bach again voiced his backing for Russia's ability to deliver a safe Olympics amid threats of terror attacks by Islamic militants from the North Caucasus. Tens of thousands of military and police personnel have been de-



International Olympic Committee President Thomas Bach. THE ASSOCIATED PRESS

ployed to protect the games, as well as warships, anti-missile batteries and drone aircraft.

THE ASSOCIATED PRESS

### Keynote address

### UN chief to take part in opening of Winter Olympics

Secretary-General Ban Ki-moon will take part in Friday's opening of the Winter Olympics in Sochi, Russia and deliver a keynote address to the International Olympic Committee's general assembly, the first by a UN secretary-general, officials said Monday.

Ban's visit to Sochi comes after several world

leaders decided to skip the games, including U.S. President Barack Obama, German President Joachim Gauck and French President Francois Hollande. Russia has come under criticism for its human rights record and law against gay "propaganda."

Besides delivering the first-ever keynote speech to the IOC assembly by a UN chief, Ban will be speaking publicly and holding bilateral meetings with world leaders attending the games, Nesirky said.

THE ASSOCIATED PRESS



Police officers escort children away from School No. 263 in Moscow on Monday after an incident in which investigators said an armed teenager killed a teacher and a policeman before being taken into custody. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

# Student goes on shooting spree

### Weapons of choice.

In addition to the small-calibre rifle, the shooter was also carrying a carbine, a short-barrelled rifle

A 10th-grade student with two rifles burst into his Moscow school on Monday, killing his geography teacher and a policeman in front of about 20 students, investigators said. His father played a key role in freeing those students before police stormed the classroom and took his son into custody, the city police chief said.

The student gunman also

seriously wounded a second police officer who had responded to an alarm from the school, investigators said.

None of the approximately 400 children in School No. 263 at the time were hurt, said Karina Sabitova, a police spokeswoman. But students were so fearful that some ran from the building with their teachers without stopping to put on coats in below-freezing temperatures. The school in northeast Moscow is for children in grades one through 11.

The ethnic Russian teenager entered the school after threatening its security guard, who managed to hit an alarm before following the student to his classroom, said Vlad-

mir Markin, spokesman for Russia's Investigative Committee, its main investigative agency.

"Without saying a word, he fired several shots at the geography teacher," Markin said.

The shooter fired at least 11 times from a small-calibre rifle, also killing one police officer and wounding a second, Markin said.

The youth's father was immediately called to the school. He spoke to his son on the phone for 15 minutes to try to persuade him to let the 20 or so students in the classroom leave, but the boy refused, Moscow police chief Anatoly Yakunin said in televised remarks.

The father, wearing a bullet-proof vest provided by police, then went into the classroom. About 30 minutes later, the trapped students walked out, leaving the father and son alone in the classroom, and police special forces stormed in, Yakunin said.

Investigators were questioning the father, the classmates, school staff and the security guard to try to determine why he shot the teacher, Markin said. THE ASSOCIATED PRESS

### 16 years old

### Shooter's nervous breakdown

The Moscow high school student who investigators say shot dead a teacher and a policeman days before the Sochi Olympics apparently had a nervous breakdown, according to a state official. Russian Investigative Committee spokesman Vladimir Markin told journalists that he believed the gunman, a 16-year-old student, suffered an emotional disorder, saying that he had an excellent school record and no apparent conflicts with either teachers or fellow pupils. He was a "straight-A student and most probably he had some kind of emotional breakdown," said Markin. He added that detectives "will examine a computer of the senior student and all details of his private life."

### Quoted

"We have to raise a new generation of theatre-goers with good artistic taste who can understand and value theatrical, dramatic and musical art. If we had done this in a proper way, then perhaps there would not have been a tragedy like today's in Moscow."

Russian President Vladimir Putin, responding to Moscow school shooting.



Facebook CEO Mark Zuckerberg is seen at Facebook headquarters in Menlo Park, Calif., last April. JUSTIN SULLIVAN/GETTY IMAGES FILE

# Growing pains as Facebook hits 10

## An awkward phase.

As the social media site enters its tweens, it aims to be effortlessly hip as whippersnappers like Snapchat bite at its heels



**KIERON MONKS**  
Metro World News in London

When a 2013 academic paper suggested Facebook could swiftly go the way of MySpace, the social media giant was able

## Staying on trend

**"Facebook is under massive pressure to keep changing and I expect to see a vast new ecosystem of standalone apps for different purposes."**

Matthew Rhodes, digital-strategy consultant

to laugh off the claims, showing that its client base was growing while the university in question was sliding.

Marking 10 years today, Mark Zuckerberg's baby has reasons to celebrate. Over one billion of us now hold accounts, with a steady increase in monthly users in every region

of the world. Stock value has soared past \$150 billion after a disastrous initial flotation.

Yet there are growing threats to the global leader.

Facebook's recent output — including recent apps such as Paper, which makes reading easier and integrates with Instagram and Messenger, a no-

frills riff on Snapchat — shows the company is aware its crown is slipping in a white-hot competitive market.

Teenage users are down 25 per cent in the last three years, and the company's own research highlighted "decrease in daily users, specifically among teens" as a leading concern. The classic formula is no longer enough, and the company is responding with creative gambles.

Zuckerberg himself suggested it would take the next "three to five years" to transition from web to mobile company.

## The glass ceiling. Yellen sworn in as first female U.S. Federal Reserve chair

Janet Yellen was sworn in Monday to succeed Ben Bernanke, becoming the first woman to lead the U.S. Federal Reserve in its 100-year history.

Yellen, who was confirmed by the Senate last month, was sworn in by Fed Governor Daniel Tarullo, the senior member of the Fed's seven-member board.

She took the oath in a brief ceremony in front of a fireplace in the Fed's massive board room. Her husband, Nobel-winning economist George Akerlof, was present, as were other Fed board members and Fed staff.

Yellen, 67, made no remarks at her swearing in but did smile to acknowledge the applause of the assembled group.

Nominated by President Barack Obama on Oct. 9, her



Janet Yellen smiles after being sworn in on Monday. THE ASSOCIATED PRESS

four-year term as chairman will end on Feb. 3, 2018.

Meanwhile, the Brookings Institution, announced Monday that Bernanke was joining the Washington think-tank as a distinguished fellow in residence.

THE ASSOCIATED PRESS

## \$389,119!? Canadian home prices overvalued by 10%: TD Bank report

Canadian home prices are likely about 10 per cent overvalued given the expectations for rising interest rates, TD Bank said in a report Monday.

However, the bank also noted that the overvaluation in markets like Toronto, Vancouver, Montreal and Ottawa is likely more significant than in others across the country.

"These markets will likely feel the pinch from modestly higher interest rates over the next two years more so than others," TD economist Diana Petramala wrote in the report.

She noted that Montreal, Quebec City and Ottawa have

## Bubble set to burst?

The Canadian Real Estate Association reported sales through its multiple listings service totalled 457,893 homes for 2013, up eight-tenths of a per cent from 2012.

- The national average price for homes sold in December was \$389,119, up 10.4 per cent from Dec. 2012.

been flooded with an overhang of inventory of unsold condos.

THE CANADIAN PRESS

## Market Minute



**DOLLAR**  
90.11¢  
(+0.33¢)



**TSX**  
13,486.20 (-208.74)



**OIL**  
\$96.43 US (-\$1.06)



**GOLD**  
\$1,259.90 US (+\$20.10)

**Natural gas:** \$4.96 US (+\$0.11)  
**Dow Jones:** 15,372.80 (-326.05)

## IMF report

### Tories can loosen grip on budget

The federal government can loosen its efforts to balance the budget by 2015 in the event of an economic downturn, the International Monetary Fund said. The IMF said the Tories appears on track to meet its target of balancing the books by 2015. THE CANADIAN PRESS

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**5** Pitbull ft Ke\$ha Timber

**4** Lady Gaga Do What U Want

**3** A Great Big World ft Christina Aguilera Say Something

**2** Katy Perry ft Juicy J Dark Horse

**1** Eminem ft Rihanna The Monster

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# PUTTING SEXY BACK IN SEXAGENARIAN

I've always hated the phrase "a woman of a certain age." It implies that once a woman has reached a point in her life when she is no longer considered youthful, her exact age is simply unspeakable.

Many of my friends are turning 30 this year (although some prefer to think of it as the first anniversary of their 29th birthday) and while I still have awhile to go before hit that milestone, I've already started noticing some of the inevitable signs of aging. At my mother's insistence, I recently began a nightly ritual involving anti-aging creams infused with retinol and other gravity-defying serums that I'm convinced have a bigger impact on my bank account than my face.

In honour of her 60th birthday, Christie Brinkley appeared on the cover of this week's People magazine looking absolutely flawless—albeit a bit unnaturally smooth—clad in a bold one-piece bathing suit.



**SHE SAYS**

**Jessica Napier**

metronews.ca

Part of me wants to believe that there is an aging portrait of Brinkley rotting away in an attic somewhere, but the blond bombshell insists that her mostly vegan lifestyle and a "joie de vivre" are what keep her looking like a fresh-faced supermodel. Plus her rigorous exercise routine, monthly facials, numerous hair extensions and, of course, a little help from Adobe Photoshop.

Brinkley isn't the only sexagenarian baring her body in the news this week. American Apparel—a clothing retailer renowned for their envelope-pushing campaigns featuring lithe bodies in leotards—recently revealed a new lingerie ad featuring 62-year-old model Jacky O'Shaughnessy.

Unlike Brinkley's magazine cover, this image shows a woman with grey hair, lines on her face and folds in her stomach, and she still looks like a total babe. O'Shaughnessy probably has incredible genetics on her side and—if I had to guess—a lifetime dedication to sunscreen, but looking at

these striking images of a silver-haired beauty in lace underwear and bright red lipstick gives me hope for the future.

It's refreshing to see women like O'Shaughnessy in the media embracing their age rather than desperately trying to reconstruct their face into some unrecognizable Botox-filled version of their former selves. The older women in my life are some of the most beautiful people I know. Not because they are trying to look younger and deny their true age, but because they take pride in their appearance. When my great aunt passed away last year I can remember admiring how elegant she looked in the hospital bed dressed in her finest pearls, nails polished and her hair immaculately coiffed.

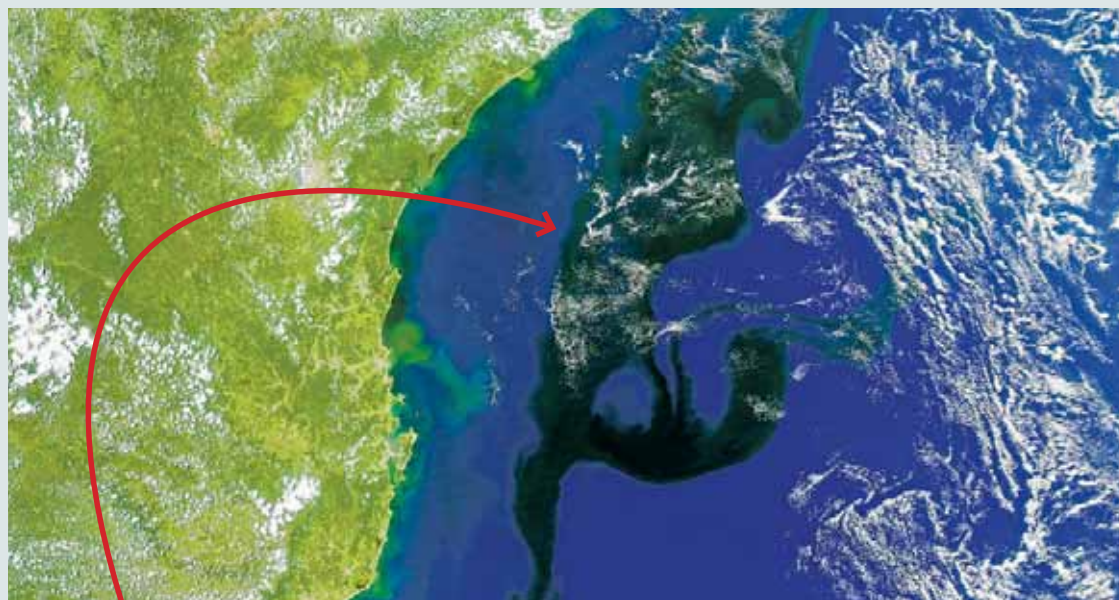
Aging can be a difficult process to come to terms with, but I would rather be who I am now than turn back the clock 10 years. I'll accept that teenage pimples give way to adult wrinkles and feel fortunate that I have such great memories behind each and every laugh line.

Follow Jessica Napier on  
Twitter @MetroSheSays



## ZOOM

### Brazil's dark cloud makes waves



NASA

#### Microscopic life

An ominous-looking dark blotch has been spotted stretching 800 km along Brazil's Atlantic coast.

The black formation, pictured by Aqua, a NASA satellite that monitors Earth's water cycle, is actually a bloom made up of microscopic animals known as *Myrionecta rubra*. Viewed close up, the bloom is red, but a distortion of light on the water means it looks black from orbit. **METRO**

#### What is marine bloom?

- **Definition.** Fast accumulation in the population of algae in water.
- **Concentration.** Up to millions of cells per millilitre.
- **Cause.** Result of an excess of nutrients into waters. Higher concentrations of these nutrients lead to increased growth of algae and green plants.

#### Microorganisms steal from algae

Living a metre below the water surface, *Myrionecta rubra* are dubbed the thieves of the microbial world: Using a "straw," these fast-swimming unicellular organisms suck out chlorophyll from other algae, and then use the pigment for photosynthesis in order to obtain energy. However, *Myrionecta rubra* are not known to be toxic to other marine life or humans. **METRO**

#### Risk factor

Certain algal blooms can threaten other aquatic organisms and the safety of human drinking water. Blooms can cause damage by blocking sunlight and depleting oxygen required by other aquatic organisms, as well as produce potent toxins that can cause adverse health effects to wildlife and humans.

**METRO**

#### Clickbait

**DYLAN ROBERTSON**  
For Metro online

**Planning your next vacation to a foreign land? These audio-translation apps may come in handy. Use your phone to order a beer, speak with cab drivers and even find sunscreen. Instant translation is literally in the palm of your hand.**

#### Vocre:

Speak or type into your phone and have your phrases voiced out in 66 dialects. This app recognizes Canadian accents and slang, and can say your "bon mots" in both France French and Quebec French. You can also have a slightly delayed conversation with this app. \$4.99 for iOS, \$1.02 for Android.

#### Google Translate:

This app lets you translate text instantly between 80 languages. You can also draw words in foreign scripts, like Cyrillic or Chinese, and have the text typed out. Free for iOS and Android.



#### Twitter

A man says he left Mexico this past December for a day of shark fishing and ended up spending 13 months surviving on fish, birds and turtles before washing ashore on the Marshall Islands thousands of kilometres away. How would you survive on the seas?

**@MeToddScott:** in the Pacific there are tonnes of plastic. They create mini reefs for fish. A net fragment and I'm in business.

Follow @metropicks and take part in our daily poll. Best tweets published right here.

lished right here.

#### Comments

**RE: Video: Light humour, emotional ads rule Super Bowl, published online Monday, Feb. 3, 2014**

Not a single one of these commercials made it to our TV. There was a Bell ad, several Rogers ads, and a bunch of 1-4 year old commercials such as the Mountain Dew one where the guy's spine should be crushed from the head-first collision.

**ijdfc,** posted to metronews.ca

**WE WANT TO HEAR FROM YOU:**  
Send us your comments: [halifaxletters@metronews.ca](mailto:halifaxletters@metronews.ca)



DVD review



Dallas Buyers Club

Director. Jean-Marc Vallée

Stars. Matthew McConaughey, Jennifer Garner, Jared Leto

Matthew McConaughey becomes a hero to the afflicted and a villain to outraged authorities in this fact-based 1980s story of a Texas rodeo cowboy who refuses to go quietly after HIV cuts him low. McConaughey lost some 40 pounds for the role of redeemable rogue Ron Woodroof, playing him with a faultless blend of vinegar and honey. Jared Leto is the other hero of this David versus Goliath drama, directed by Quebec's Jean-Marc Vallée. McConaughey and Leto have both been nominated for Oscars, deservedly so, at the March 2 Academy Awards.

PETER HOWELL

Investigation

Stamped drug bags found at Hoffman's house

A law enforcement official says tests have confirmed there was heroin in at least some of the dozens of plastic packets in a New York City apartment where Philip Seymour Hoffman was found dead.

Officials are working to determine whether the drug was mixed or tainted with anything else. An autopsy was being conducted Monday. Police have been investigating Hoffman's death as an apparent overdose. Law enforcement officials said he was found with a needle in his arm.

Two officials said Monday that at least four dozen small packets were found in the apartment. Some of the one-dose packets were stamped with the ace of hearts symbol, and others with the words "Ace of Spades" and that symbol, another law enforcement official said.

Stamps are common as a form of drug-world branding.

THE ASSOCIATED PRESS

# Hoffman's Hunger Games role to remain untouched

'Devastating loss.'

Actor's castmates and co-workers mourn loss, but Hoffman's role in his final films will remain intact save for a small rewrite



RICHARD CROUSE  
scene@metronews.ca

The news of Philip Seymour Hoffman's sudden passing was met with a heartfelt outpouring of grief from fans and those who worked with him.

"Philip Seymour Hoffman was a singular talent and one of the most gifted actors of our generation," Lionsgate, the studio behind the upcoming Hunger Games: Mockingjay Part 1 and 2, said in a written statement. "We're very fortunate that he graced our Hunger Games family. Losing him in his prime is a tragedy, and we send our deepest condolences to Philip's family."

Hoffman played head-games-maker-turned-rebel leader Plutarch Heavensbee in the successful series. It is a pivotal role.

In the wake of the actor's death, questions arose as to whether the uncompleted blockbusters-in-waiting would be completed in time for their scheduled November 21, 2014 for Part 1 and November 20, 2015 for Part 2 release dates.

Hollywood studios have handled the sudden death of cast members in many different ways. In some cases, films are even abandoned.

Production on Something's Got to Give was shut down permanently after Marilyn Monroe's August 1962 barbiturate overdose.

Dark Blood, River Phoenix's final film, was put into cold storage when the young actor died before filming several crucial scenes. But both movies were eventually resurrected. The documentary Marilyn: The Final Days used footage from Monroe's abortive film while Dark Blood sat for 19 years before being finished and shown at film festivals.

Father and son Bruce and Brandon Lee both died early, leaving behind unfinished



Philip Seymour Hoffman played Plutarch Heavensbee in *Catching Fire* and the upcoming *Mockingjay Part 1* and *2*.  
CONTRIBUTED

films. The elder martial arts legend had completed 100 minutes of *The Game of Death* when a cerebral edema took his life.

Even more tragically, Brandon was killed on the set of *The Crow* in an accident involving a prop handgun.

Both films were salvaged with the use of stand-ins.

When Oliver Reed collapsed of a heart attack at a Malta pub after out-drinking a group of Royal Navy sailors, the editing crew of *Gladiator* replaced him digitally in the remaining scenes of the film.

More recently, Heath Ledger unexpectedly died during the production of *The Imaginarium of Dr. Parnassus*. He was replaced in the surreal story by three actors.

"I just started calling friends of Heath," director Terry Gilliam said. "It's as simple as that."

"Johnny (Depp), Colin (Farrell) and Jude (Law) turned up. It was important that they were friends, because I wanted to keep it in the family. I wanted people who were close to him because, as Colin said when he was doing his part, he was channeling Heath part of the time,

so Heath was very much still alive in some sense.

"Contractually, it was supposed to be a Terry Gilliam Film," said Gilliam. "That's what the lawyers said, but I said, 'No way it's going to be that. It's going to be a film from Heath Ledger and friends.' The cast sat around one night and that idea came up and I said, 'This is it. Perfect. That's how we do it.'"

As for the upcoming Hunger Games films, reports now confirm that Hoffman completed work on Part 1 and had just seven days left of shooting on Part 2.

His absence will not require any recasting, just a rewrite of one scene. And so *Mockingjay Part 2* becomes the final film in Hoffman's remarkable career.

"Words cannot convey the devastating loss we are all feeling right now. Philip was a wonderful person and an exceptional talent, and our hearts are breaking," reads a statement released by The Hunger Games author Suzanne Collins, the films' director Francis Lawrence, producers Nina Jacobson and Jon Kilik and star Jennifer Lawrence.

Honouring Hoffman

Broadway theatres in New York City will dim their marquee lights Wednesday night in memory of Philip Seymour Hoffman, the movie and theatre star who earned three Tony Award nominations. The Broadway League said Monday the lights will be dimmed for one minute starting at 7:45 p.m. Eastern time. Hoffman made his Broadway debut in Sam Shepard's *True West* with John C. Reilly in 2000 and followed it up three years later with Eugene O'Neill's *Long Day's Journey Into Night* with Brian Dennehy and Vanessa Redgrave. In 2012, he played a powerful Willy Loman in *Death of a Salesman* by Arthur Miller under the direction of Mike Nichols. Each time he earned a Tony nod. He also was a longtime supporter of the off-Broadway Labyrinth Theatre Company, where he served as co-artistic director.

THE ASSOCIATED PRESS

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## Romance in full Bloom for Orlando?



Orlando Bloom

While Orlando Bloom has been enjoying possibly the most amicable divorce in Hollywood history with his split from Miranda Kerr, he also appears to finally be entertaining new prospects again. Bloom was spotted recently at L.A. bar the Roger Room with French actress Nora Arnezeder, and though he was on his best behaviour sources could tell something was up, according to People magazine. "Orlando was there just with a girl and not in a group," a source says. "He knew that there were paparazzi outside so he was being very careful about his behaviour with her." The pair later shared a ride home on his motorcycle.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word

**Think Miley's act is offensive? She doesn't give a Cyrus**

MELINDA TAUB  
Metro World News

Miley Cyrus could either be the next Madonna or the next Howard Hughes. The next Michael Jackson or the next, well, Michael Jackson. In other words, she could be an enduring superstar or completely flame out, and a new profile by Ronan Farrow (who knows a few things about growing up in a celebrity bubble) in W makes both possibilities seem equally likely.



Among the details we learn about Miley: She apparently hates to leave her house, doesn't listen to people unless they're talking about music, and relates strongly to Blanche Dubois, the mentally frail heroine of A Streetcar Named Desire.

Some of the things Miley doesn't like to listen to are the accusations that her act, which frequently involves spanking and groping women of colour and little people, is

offensive. "I don't give a s—," she says. "I'm not Disney, where they have, like, an Asian girl, a black girl, and a white girl, to be politically correct, and, like, everyone has bright-coloured T-shirts. You know, it's like, I'm not making any kind of statement. Anyone that hates on you is always below you, because they're just jealous of what you have."

Probably it's not a great idea to respond to accusations of racism with, "You're below me." That could be misconstrued. Or correctly construed.

Miley's own cast, though, also spoke out in her defense.

"When she grabs my boobs, we're just having fun," little person Brittney Guzman says. "It's not degrading."

"We're just having fun" has never sounded so creepy.

## Top Chef Canada adds dash of Dean and teaspoon of Tori to its panel



Tori Spelling and Dean McDermott ALL PHOTOS GETTY IMAGES

Reality TV duo Tori Spelling and Dean McDermott will guest judge on the next season of Top Chef Canada.

Food Network Canada says Toronto Raptors forward Amir Johnson and star chefs Chuck Hughes, Lynn Crawford and Susur Lee are among the other guest judges for the season.

Seven men and seven women will compete on the new season, which premieres March 10 (at 9 p.m. ET/10 p.m. PT).

Food Network says it's the "most extreme season" of the series, in which chefs from

across the country battle for the title and prizes, including \$100,000.

Actress Lisa Ray returns to host and critique dishes alongside head judge Mark McEwan and restaurateur Shereen Arazm.

Last month, McDermott's publicist confirmed that the Toronto-born actor and Chopped Canada host had entered rehab for "some health and personal issues."

McDermott and Spelling married in 2006 and have four children.

THE CANADIAN PRESS

## Holly Domestic Medium Hair

This beautiful 10-year-old girl is curious and friendly. With no knowledge of her history, we've come to learn that she likes attention and enjoys being gently spoken to with kind tones and gentle voices that speak to her lovingly. She takes a few moments to get to know people but it is obvious she wants to connect. Holly appreciates company and would prefer being the only feline in an adult only home or one without small children. This sweet girl has many years of love to give and deserves a happy, loving forever home. Please visit Holly today.



For more information on Holly and other adoptable furry friends, visit [www.pas.spcans.ca](http://www.pas.spcans.ca) or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or [info@pas.spcans.ca](mailto:info@pas.spcans.ca)

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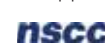
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Also watch for the Savour Food & Wine Show being held March 6 at the Cunard Centre; tickets \$79 +HST and hotel packages available at [eDining.ca](http://eDining.ca). Dine Around continues all February - check out the delicious menus online.



# Don't let your 2014 resolutions fizzle out

## One month in.

Whether it's working out or breaking a habit, there are ways to get back on track

MELISSA DUNNE  
life@metronews.ca

Mark Twain saw the glass as half empty in terms of New Year's resolutions. In January 1863, he wrote "Now is the accepted time to make your regular annual good resolutions. Next week you can begin paying hell with them as usual."

It turns out the great American writer wasn't far off the mark. Research by John Norcross, a professor of psychology at the University of Scranton, found 29 per cent of resolvers had already failed 14 days in and by February that number jumps to 36 per cent.

Mere hours into Jan. 1, I was guzzling Diet Coke straight from a bottle left over from a holiday party, though giving up the stuff was my resolution.

Like many Canadians, my



You are likely to slip but dust yourself off and try again. ISTOCK

desire to stick to my New Year's resolution quickly fizzled.

The first mistake I made in January was failing to modify my environment, says Nor-

cross. Having soda in the house was akin to walking outside in six-inch heels after a polar vortex and expecting not to slip.

On Jan. 2, I should have poured the pop down the drain, not down my throat. But my will to try went flat and I was back to drinking about two litres of caramel-coloured, aspartame-spiked, carbonated syrup per day.

This was another classic resolver mistake.

"A little slip is not a total fall," said Norcross, a man who has literally written the book on making changes stick.

You will slip. The trick is to dust yourself off and try again, not lie on the ground surrounded by empty pop

bottles. Norcross points out a study that showed 71 per cent of eventually successful resolvers said their first slip actually strengthened their resolve.

On Jan. 9, I resolved to white-knuckle my bête-noire anew, determined not to turn red from the embarrassment of failing this time.

So far, I have crushed my habit like those thin aluminum cans that used to fill my recycling bin. While Norcross' research shows by Canada Day 56 per cent of resolvers have given up, that means 44 per cent are still bubbling with optimism.

Twain be damned, in 2014 I'm going to see my glass as half full of soda ... water, thank you very much.

## Get back on track

Have you already given up on your resolution for 2014? Get back on track with some tips from John Norcross, the author of *Changeology*.

- **Haters to the left.** Surround yourself with family and friends who support you and your goal.
- **Learn from the past.** Under-

stand why you slipped and recommit.

- **Bribe yourself.** If at the end of every week you have stayed the course, reward yourself with anything from a pedicure to concert tickets.
- **Keep track.** Seeing your progress in black and white will keep you motivated.

## For your phone

### Carrot Fit (iPad, \$1.99)



**MIND THE APP**  
Kris Abel  
@RealKrisAbel  
life@metronews.ca

A vengeful, talking computer monitors your weight loss in this darkly comedic fitness parody. Each day you type in your weight, Carrot reacts with outlandish insults and playful effects. Hilarious.



You could always shoot for America's Next Top Hand Model.

## Half-Off

Elisha is now four weeks into her plan to lose 10 pounds in six weeks. But she's at an all-inclusive resort in Mexico on an emergency winter vacation. Will the all-day buffet and open bar do her in? Visit [metronews.ca/voices/half-off](http://metronews.ca/voices/half-off) to find out.



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## Health Solutions

Brain food  
and then some

**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

You've seen the chain email that shows walnuts were created in the shape of your brain because they are brain food. And that carrots when cut into rounds look like eyes and are coincidentally good for eyes.

Google it! Kind of cool little quirky facts to kick around.

But the truth is, walnuts are good for lots more than just brains. They are also good for making ho-hum sandwiches, omelets, pastas and salads turn into amazing meals!

- Walnuts have been shown to reduce inflammation overall due to their good fat content.
- They contain high amounts of Omega 3, which has been shown to reduce the incidence of Alzheimer's, de-

pression and ADHD, among other things.

- Walnuts are one of the highest anti-oxidant nuts.
- Consumption of them has been linked to reduced risk of diabetes.
- One study says that they can reduce the stress related to high blood pressure.

## Creative ways to use walnuts

- Toss whole and raw into salads.
- Toast and use in place of croutons in soup.
- Grind and add to pastry dough or shortbread.
- Puree into hummus.
- Use as a base for blue cheese appetizers.
- Make a gremolata and use everywhere.

Walnuts pair well in both sweet and savoury applications, plus their crunch and nutrients are good for your brain ('cause that's the way they are shaped — ha!).  
**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

# What's crunchy, healthy and goes on pizza, pasta and more?

**THERESA ALBERT**

myfriendinfood.com

If you go too far and end up pureeing the nuts in the blender, add some Parmesan cheese and call it a pesto.

A quick pulse is really all you need to chop the nuts and keep them whole to make this topping known as Gremolata.

Traditionally, lemon zest is the key ingredient and the others, as well as their proportions, are as flexible as your im-

## Ingredients

- 1/2 cup flat leaf parsley (ensure that it is rinsed and dried very well)
- 1/2 cup walnuts (toasted lightly in a dry pan)
- 1 clove garlic (minced)
- 1 tsp lemon zest
- Pinch of coarse salt
- 2-3 tbsp extra virgin olive oil

**PREP**  
10 MINUTES



Gremolata is just one of the creative ways in which you can use walnuts. COURTESY THERESA ALBERT

agination.

Once made, this keeps in the fridge for a couple of weeks and jazzes up every salad, sandwich, pasta, dip, flatbread, pizza... You get the idea.

1. Add all ingredients to a blender or mini-chopper and pulse until coarsely chopped. Store in fridge in a covered jar for up to 2 weeks. **THERESA ALBERT OF MYFRIENDINFOOD.COM**

## FLASH FOOD



From your fridge  
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## Warm up with an Arugula and Spinach Salad



This recipe serves four. ROSE REISMAN

With warm mushrooms and melting cheese, this salad makes for the perfect winter dish.

Use any variety of mushrooms you like. The key is to cook the mushrooms on a medium-high heat until all the moisture evaporates. You can sauté the mushrooms and mix the dressing up to a day in advance. If you do, dress just before serving.

1. Lightly coat a nonstick skillet with cooking spray and sauté the mushrooms over medium heat for about 8 minutes, or just until they are no longer

wet and are slightly browned. Respray pan or add 2 tbsp (30 ml) water if mushrooms begin to burn. Keep warm.

2. Dressing: Whisk olive oil, balsamic vinegar, mayonnaise,

honey, garlic, mustard, and salt and pepper.

3. Place spinach, arugula, sautéed mushrooms and Parmesan in a large serving bowl. Pour dressing over salad and toss.

## Ingredients

## Salad

- 3 cups mushrooms, halved
- 4 cups baby spinach
- 4 cups arugula
- 1/2 cup grated Parmesan

- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 tbsp reduced-fat mayonnaise
- 2 tsp honey
- 1/2 tsp finely chopped garlic
- 1/2 tsp Dijon mustard
- pinch of salt and pepper

## Dressing

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# HOW TO JUGGLE

## WORK AND CLASSES

Looking for a part-time job while juggling classes and homework can be a challenge. Tang Choy, an employment support counsellor from Ryerson University's Career Centre, has numerous tips that will help students cut their job search time in half.

**1** Spread the word. Let your family, friends and acquaintances know that you are looking for part-time work and indicate your area of interest. Remember, if your connections don't know that you are seeking employment, they can't help. Apply the 80/20 rule when sharing your job search progress with your social network online — 80 per cent of your updates should benefit/help others, and the other 20 per cent can be self-promotional.

**2** Research and prepare. Target your job search by researching compan-



LIGHT POET/SHUTTERSTOCK

ies you want to work for, and remember that everyone you meet could potentially have a job for you. Prepare and rehearse a 30-second pitch that you can use on a prospective employer to highlight your relevant skills and experience.

**3** Tailor your resumé and cover letter. Use key words in your resumé and cover letter that are included in the job description.

**4** Look on- and off-campus. Check out employment opportunities on campus,

and talk to your professors to see if they can use an extra hand. Off campus, visit company websites and connect with professionals in the field. Also consider staffing agencies that provide opportunities for temporary work. — *Metro News Services*

# BACHELOR OF ARTS CAN OPEN DOORS

Many people believe that a bachelor of arts leads to joblessness, but Saint Mary's University says it is the opposite.

While many parents are pushing their children towards science or business programs, a bachelor of arts can give graduates plenty of options for well-paid positions in a variety of sectors.

"Exposure to the social sciences and humanities enables students to develop their critical thinking skills and cultivate

an analytical mind so that regardless of subject matter, they have the capacity to clearly think through issues, solve problems and communicate effectively, skills that are necessary to be successful in all aspects of life," says Olugbenga Oredugba, arts academic adviser at Saint Mary's University.

Oredugba says a bachelor of arts is excellent preparation for any career, be it law, medicine, education, public ser-

vice, business, publishing, international development, cinematic arts, protective services, resource management, communications or public relations.

"No degree can guarantee a job, but the successful completion of a BA can open many, many doors," Oredugba says.

Saint Mary's University faculty of arts offers 24 diverse undergraduate programs.

For more about programs available at Saint Mary's University, visit [smu.ca](http://smu.ca).



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# OSTEOPATHY GETS TO THE ROOT OF THE PROBLEM

Treating symptoms for neuromusculoskeletal and joint problems was not enough for Peter Goodman — he wanted to get to the root of the problem and stop it at its source.

That is when he decided to enrol at the Canadian College of Osteopathy (CCO). “Osteopathy really focuses on investigating what causal factors are at play,” says Goodman, DOMP — manual osteopath, principal Halifax/CEO Campus, adding that close to an hour will be spent thoroughly reviewing a new patient’s background during their initial appointment.

“I want to know not only what recently happened, but I want to know the patient’s whole history.”

Osteopathy is a form of natural medicine that uses manual therapy to treat neuromusculoskeletal and joint problems.

Traditional osteopathy is a comprehensive blend of osteopathic philosophy, theory, methodology, osteopathic technique, clinical application and research



Peter Goodman



ADAM GREGOR/SHUTTERSTOCK

elements, each of which is introduced in a progressive and cumulative fashion.

Goodman has been practising Osteopathy since 2009 after completing a thorough education from CCO, which taught him about 2,000 techniques as a part of his studies.

“This was the highest quality training I have undergone,” Goodman says.

The study program in osteopathy

at College D’Etudes Osteopathiques (CEO) in Halifax consists of five years of classroom study followed by one year of independent philosophical, clinical or experimental research.

Each session is five days in length, falling over a weekend in order to minimize any time lost from a student’s full-time employment.

“There’s a shortage of people doing this

## REQUIREMENTS

CEO requirements for entering the study of osteopathic manual practice:

- university degree in medicine (related field), directly access the program.

- required to follow a pre-admissions program in basic health sciences.
- massage therapists with a minimum of 2,200 hours of training.
- Foreign candidates holding a recognized diploma are accepted.
- review of the files of other candidates that do not hold a recognized diploma.

kind of work,” Goodman says. “This is a growing field.”

He says when he began practising in this field, there were less than 10 practising professionals in Nova Scotia. There are now 37 registered osteopaths practicing within Nova Scotia.

For more information, please visit [osteopathie-canada.ca/en](http://osteopathie-canada.ca/en).

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Yvonne Rizkallah

SHAUN SIMPSON PHOTO

# EXPRESS YOUR CREATIVITY AT CAT

Yvonne Rizkallah always knew she wanted to enter into a career where she could use her love for computers. But after spending two years studying computer science, she sought out a new program to foster her creativity.

After taking a few years off from school, Rizkallah decided to enrol in the animation for game, film, and visual effects program at the Center for Arts and Technology (CAT).

"I chose CAT for this program for a few reasons," Rizkallah says. "It is one of the only schools in the area offering this kind of program, and I also heard that the instructors in the 3D department were absolutely amazing."

She says instructors know you by name and go above and beyond what is expected of them to help their students.

"The school environment has such a relaxed feel to it, you feel comfortable

and can express your creativity."

Rizkallah completed her training at CAT in October and is now working at DHX Media as a rigger.

"I think that hard work has led to my success," Rizkallah says.

"The teachers can show you everything they know but it's what you do with it that matters."

For more information about this program or CAT, visit [digitalartschool.com](http://digitalartschool.com).

## SKILLS THAT WILL HELP YOU EXCEL

Maritime Business College (MBC) prides itself on delivering relevant, practical knowledge and skills that are the foundation for a successful career.

"We develop new programs to meet the changing needs of industry, and we update our existing programs to ensure that our students are expertly trained," says Janice Currie, director, MBC. "Our graduates enter the workforce trained with the up-to-date skills that they need to excel."

MBC is now offering two new programs as part of the school's commitment to its students.

For a career that will take you places, MBC is offering the new travel and hospitality program.

Working in travel and hospitality can provide everything from rewarding full-time careers to flexible part-time or seasonal jobs. Students participate in a familiarization trip to a sunny international destination, and can complete their diploma in just 45 weeks.



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And the new information systems administrator program at MBC trains students to become expert problem solvers.

"Since networks are an important part of business, network and computer systems administrators are needed as firms invest more in new technologies," Currie says. "The need for information security will also drive the need for network and computer systems administrators."

For more information about these new programs, visit [maritimebusinesscollege.ca](http://maritimebusinesscollege.ca).



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at 7h30 pm

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Success College can help you get on a path to a career that will enrich your life and the lives of those you work with.

Through either the child and youth care worker program or the counselling skills program at Success College, students can train for a career that makes a real difference, where you can work directly with people and affect positive change.

"Child and youth care workers strive to improve the physical, emotional, intellectual and social development of vulnerable children and adolescents and are prepared to facilitate change in children and adolescents who are experiencing a range of emotional, social, behavioural, and learning challenges," says Janice Currie, director, Success College.

The counselling skills program prepares you to work as a counsellor in addictions, mental health, victims of abuse, at-risk youth and many more and



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trains you to enter into private practice or become a certified counselor.

After a three-year evaluation process, Success College has been accredited by the Canadian Education and Training Accreditation Commission and is presently the only classroom-based campus college in the Maritimes to earn this designation.

Both programs are taught by industry experts, and are developed so that you finish a two-year program in just 60 weeks.

To learn more about Success College, visit [successcollege.ca](http://successcollege.ca).

# HELP OTHERS DEVELOP AND FLOURISH

Consistent with its mission of being a pioneer in the field of career training, Maritime Business College has added an exciting new program designed for people looking for a career that is more than just a career — it's an emotional calling.

"In our new disability support worker program, students learn how to assist the disabled by developing their life skills and by teaching them how to care for themselves," says Janice Currie, director, Maritime Business College. "It is a highly rewarding career where you can make a difference every day."

Students will be trained to work with disabled clients that face physical, mental, and/or intellectual challenges.

Your clients will learn essential life skills to achieve independence, including employment skills, financial management, and socialization.

"There is a great deal of joy and



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satisfaction from seeing your clients develop and flourish," Currie says. "You help provide a richer quality of life for both the disabled and their families and caregivers."

Graduates are prepared for employment as human service workers in government, community-based agencies, health care or educational facilities providing services to individuals with mental, emotional, learning and/or physical disabilities.

For more information, please visit [maritimebusinesscollege.ca](http://maritimebusinesscollege.ca).



## Super Bowl bets

### Bookies boast record profits

Gamblers wagered a record \$119.4 million at Nevada casinos on the Super Bowl, allowing sportsbooks to reap an unprecedented profit as the betting public lost out in Seattle's rout of the Peyton Manning-led Denver Broncos.

Unaudited tallies showed sportsbooks made \$19.7 million on the action, the Gaming Control Board announced Monday. That's millions more than the past three Super Bowl wins combined.

The Denver Broncos were a 2.5-point favourite, but the Seattle Seahawks took the championship 43-8.

THE ASSOCIATED PRESS

## Super Bowl bust

### Business owner out \$7 million

Seattle's victory in the Super Bowl has cost Houston furniture store mogul Jim McIngvale some \$7 million.

McIngvale is the owner of one of the U.S.'s largest independent furniture stores, Gallery Furniture. He promised customers who spent at least \$6,000 in the past two weeks and took delivery before Sunday's game that he'd refund their purchase if Seattle won.

McIngvale said Monday his accountant is "pulling his hair out." He says he didn't do well financially, but did build his brand.

THE ASSOCIATED PRESS

## Scotties

### Outlook grim for Nova Scotia's Smith

Mayflower's Heather Smith had a rough Day 3 at the Scotties Tournament of Hearts in Montreal on Monday. After losing her opening match 7-3 at the hands of Manitoba's Chelsea Carey, the Nova Scotia rink of Jillian Brothers, second Blisse Joyce and lead Teri Lake lost its late match in a 9-8 heartbreaker to B.C.'s Kalia Van Osch.

Down twice, Smith and Co. managed to tie the tilt going into the 10th round, but B.C. proved too much. Smith's rink is now 1-4. Smith will face off against Quebec's Allison Ross and Team Canada's Rachel Homan, the defending champ, on Tuesday. **METRO**



### Fleury flashes leather on Senators

Penguins goalie Marc-Andre Fleury makes a save on a shot from Senators forward Mika Zibanejad on Monday night in Pittsburgh. Fleury also robbed former Norris Trophy-winner Erik Karlsson with a sparkling third-period glove save and James Neal scored at 3:05 of overtime, giving the Penguins a 2-1 victory. **GENE J. PUSKAR/THE ASSOCIATED PRESS**

# Mayflower's Stevens at the top of his game

**Curling.** Always a bridesmaid never a bride, the Chester native is curling with plenty of confidence



**ANDREW RANKIN**  
andrew.rankin@metronews.ca

Finally, Chad Stevens might realize his goal of winning a provincial curling championship.

When the men's Tankard gets underway on Wednesday at the Halifax Curling Club, the big names will be there: defending champ Ian Fitzner-Leblanc, Mark Dacey and Jamie Murphy.

But don't count Stevens out. On a roll this season, the

## Quoted

**"Winning a Tankard is something we've all been aiming for throughout our careers."**

Mayflower's Chad Stevens

Mayflower rink has a few titles under its belt: Halifax Cash Spiel, Truro Cash Spiel and the Atlantic Curling Tour Championship.

"We've been playing really well all year, by the far the best curling of my career," said Stevens. "We've been consistent; we've put the time and the effort into it both on and off the ice."

In his 10-year competitive career, the 39-year-old has never won a provincial title. And it's been weighing on him.

"It does get tougher when you don't have success, but we've beaten those teams,

which has given us confidence," he said.

"Obviously it would be phenomenal to represent Nova Scotia at the Brier. For me personally, it would be a dream come true. I think we have the best chance right now."

But it won't be easy for Stevens' rink — also including Cameron MacKenzie, Scott Saccary, Philip Crowell and Dave MacLellan — competing in an eight-rink field.

This year, they've picked up the 22-year-old MacLellan, whose youthful vigour has been rubbing off on the three-some.

## Nova Scotia Tankard teams

- Peter Burgess (Truro Curling Club)
- Mark Dacey (Mayflower Curling Club)
- Ian Fitzner-LeBlanc (Lakeshore Curling Club)
- Mark Kehoe (Mayflower Curling Club)
- John Luckhurst (Mayflower Curling Club)
- Jamie Murphy (Lakeshore Curling Club)
- Chad Stevens (Mayflower Curling Club)
- Tom Sullivan (Mayflower Curling Club)

"We want to play our game, our style and force team to play to our aggressive style," said Stevens. "Once we get out to an early lead, we do a very good job defending it."

# 'The pressure's clearly on them'

**Hockey.** Great things expected from Ovechkin and Malkin's Russians as they enter Sochi as 'centrepiece' of Games

Friends and family have been calling Alex Ovechkin and Evgeni Malkin for months, asking about Olympic tickets and wanting to know who was going to be on the Russian team.

"I field questions about Sochi always," Malkin said. "I feel right now it's pressure for the team, for me. It's everyone."

The Sochi Olympics are a showcase of a generation for Russia and Prime Minister Vladimir Putin, and with that comes the pressure of a lifetime for those taking part in the event the country believes it must win.

"I don't think about it because I don't want to take pressure right now on me," Ovechkin said last month. "But it's kind of hard to do. Every time when I go to the news and on the Internet, I just see about the Olympic Games."

From a hockey standpoint, that means attention on Ovechkin, Malkin, captain Pavel Daty-

## Parallels of pressure



"We can relate, for sure. It wasn't that long ago, and we all know how proud of a hockey nation Russia is, too."

Sidney Crosby acknowledges the parallels between his gold-medal-winning Canadian team from four years ago and the 2014 Russians.

suk and NHL-star-turned-KHL-hero Ilya Kovalchuk, and the expectation of gold on Feb. 23 at Bolshoy Ice Dome. Anything less isn't an option the Russians want to consider.

It's similar to what Canada went through in Vancouver in 2010 with a need to show dominance in a national sport. Given that Russia hasn't won gold since 1992, when it played as the Unified Team, there's even more anxiety.

"I think that always goes with the territory," U.S. general manager David Poile said. "It's probably even more so because starting from the top with Putin, he's wanted these Olympics; the centrepiece is the hockey. The whole Sochi is sort



Russians Sergei Gonchar, left, Alex Ovechkin and Ilya Kovalchuk were skated out of the rink 7-3 by Team Canada at the 2010 Winter Olympics in Vancouver. The home team should have ample inspiration to get revenge as their quest for gold gets underway on Feb. 13 against Slovakia. BRUCE BENNETT/GETTY IMAGES

of a man-made area, if you will, just for the Olympics.

"They're putting literally billions of dollars into this, and there's no question that the hockey is the centrepiece of the Olympics. The pressure's clearly on them. We're going to see

the best of the Russians, that's for sure."

Canada proved four years ago that pressure isn't prohibitive to winning; that being at home can be an incentive.

With the whole world watching them in their coun-

try, the Russians hope they, too, can capitalize on the home-ice advantage. And Ovechkin believes that mentality is his team's biggest strength.

"(The) most important thing is (it's) us against the whole world," said Ovechkin, who

dreamed as a child of representing Russia in a home Olympics. "I don't think somebody is going to be there ... to be just in the Olympic Games. Our mission is try to win the gold medal and play our best hockey."

THE CANADIAN PRESS

## Thomsen at his best when he's tuned out



Invermere, B.C.'s Ben Thomsen is confident heading into the Olympics after a second-place finish in Sochi during the 2012 season. JEFF MCINTOSH/THE CANADIAN PRESS

The biggest moment of Ben Thomsen's racing career came two years ago in Sochi.

After a tough start to this season, the Canadian alpine skier is hoping to find some of that magic on the same Russian mountain at the Olympics.

Thomsen finished a surprising second at a World Cup downhill event back in February 2012, a result the 22-year-old believes will give him an edge at the Games.

"I'm definitely confident going back there. It was a huge part of my life and changed my life drastically," Thomsen said.

## Ski patrollers packing heat

"Georgia is on the back side of the ski hill and getting off gondola stations, you've got five armed guards ... it's a bit nerve-racking and unwelcoming when you're from a place like Canada."

Ben Thomsen, on security during his 2012 World Cup second-place finish in Sochi.

"It will be interesting to see what kind of feelings and emo-

tions come up when I get there."

The Invermere, B.C., native has had a mixed bag of results during his career, threatening the podium at some events while struggling badly at others. Thomsen's recipe for success seems to be simple — don't overthink it.

"As I look back on my career, the times that I've done really well is when I don't really know what I'm about to face and I'm just going into it full bore," he said. "If I know a situation might be a little tricky I might kind of back off the throttle a little bit."

THE CANADIAN PRESS

## Austrian pastime

After missing the first three Winter Games, Alpine skiing joined the program in 1936. Ten gold medals will be awarded in Sochi in men's and women's downhill, slalom, giant slalom, super-G and super combined.

## Did you know?

# 105

Austria has won a record 105 Alpine skiing medals at the Olympics, nearly twice as many as any other country. Switzerland ranks second with 56.

## Who'll lead Austrians?

### Raich won't be on hand for opening

Austria is in need of a new flag-bearer for Friday's opening ceremony at the Winter Olympics as Alpine skier Benjamin Raich has delayed his trip to Sochi.

Raich will skip the Feb. 14 super-combine due to back problems.

THE ASSOCIATED PRESS

## Hockey

### Swedes select Nyquist to replace Franzen

Sweden's Olympic hockey team has replaced an injured Detroit Red Wings forward with a healthy one. Gustav Nyquist was given a spot on the roster on Monday to replace Johan Franzen. THE ASSOCIATED PRESS

## Cross-country skiing

### Tough decisions ahead in Norway

Norway's unrivaled depth in cross-country skiing is causing the team some problems ahead of the Sochi Olympics.

With a handful of medal contenders in nearly every event, the Norwegians face the prospect of having to drop either a double Olympic champion or a former world

champion from the men's individual sprint race.

Each team can enter four skiers, and Norway's coaches have already promised spots to three athletes. The fourth was set to go to Petter Northug, the team's big star who has struggled with illness this season.

But that would mean leaving out former sprint world champion Ola Vigen Hattestad in the fourth spot.

THE ASSOCIATED PRESS



Two-time Olympic gold medallist Petter Northug. GETTY IMAGES FILE



## Horoscopes

### Aries

March 21 - April 20

You are in a domineering mood at the moment and won't hesitate to tell others how to do things. But anyone who tries to tell you will most likely wish they had kept quiet.

### Taurus

April 21 - May 21

You may find it hard to believe what you hear today but don't reject it out of hand because it may be true. Reserve judgment until later in the week when there are more facts available.

### Gemini

May 22 - June 21

Information will come your way today that enables you to put one over on a rival. All is fair in love and war so don't hesitate to use what you learn for your own benefit.

### Cancer

June 22 - July 23

It is important over the next 24 hours that you know when to speak up and when to stay silent. Important people will be either impressed or annoyed by what you have to say, so make sure you say the right thing.

### Leo

July 24 - Aug. 23

It might be tempting to work even harder and faster but you will accomplish more in the long-term if you start slowly and think about what you are doing.

### Virgo

Aug. 24 - Sept. 23

You may want to push ahead with a project that is close to your heart but according to the planets a colleague is having doubts and you must deal with those doubts first if you want to make progress.

### Libra

Sept. 24 - Oct. 23

Anyone who thinks you are not ambitious will get a shock today as you push yourself harder than ever. But while it is okay to be hard on yourself it is not okay to be hard on friends and loved ones.

### Scorpio

Oct. 24 - Nov. 22

You need to ask the right questions today and to do so you need to see your life for what it is, not what you wish it might be. Be completely honest with yourself.

### Sagittarius

Nov. 23 - Dec. 21

According to the planets someone you work with is not being entirely straight with you. Before you go any further together in what you are working on demand to know where they are coming from.

### Capricorn

Dec. 22 - Jan. 20

Someone whose point of view is very different to your own will say something that you cannot let pass and most likely you will end up having a major argument. But that's OK. It's wrong to remain silent.

### Aquarius

Jan. 21 - Feb. 19

If you put your mind to it today you can change something about yourself that you have disliked for a very long time. How will you do that? By replacing a bad habit with a good habit.

### Pisces

Feb. 20 - March 20

You are so self-confident at the moment that you can't see the obstacle that is ahead of you. You will see it soon, in the meantime, ignorance is bliss!. SALLY BROMPTON

## Crossword: Canada Across and Down

### Across

1. Troublesome-ly tote
4. Biggest thing since the Cronut
10. Shania Twain trophy, e.g.
14. Montevideo is its cap.
15. Sarajevo's locale
16. Bitterly bellyache
17. Science Centre in Calgary: 2 wds.
19. Comic strip, \_\_\_ and Janis
20. Ms. Berry's
21. 1985 Michael J. Fox movie: 2 wds.
23. Frigid
24. Way to move a wheel: 2 wds.
25. Skincare brand
28. Vacationing spot
29. Computer company
30. Cart-pullers
32. Welsh poet Mr. Thomas
36. Clash
37. Secret
39. Wonderment
40. Certain carpeting
42. \_\_\_ counter
43. Determine
44. Wedding gown trim
46. Studies
48. Dormant volcano in northwestern BC, Mount \_\_\_
51. Peace sign's spelled-out shape
52. Guy friendship,

often on reality TV  
55. Mr. Whibley, Sum 41 frontman  
58. South Dakota dam  
59. Carly Rae Jepsen's new title role on Broadway  
61. Sultanate of \_\_\_  
62. Haunted house hangouts

63. Turnaround, slangily
64. German philosopher, Immanuel \_\_\_ (b.1724 - d.1804)
65. Scotland's Loch creature, affectionately
66. Bruce Cockburn's "\_\_\_ Tree Falls"

### Down

1. Particular Protestant, puny-ly
2. Fertilizer ingredient
3. Jonathan Swift classic, \_\_\_ Travels
4. Particular TV network symbol: 2 wds.
5. Antarctica: \_\_\_ Ice Shelf
6. Slitherer
7. It's a bug
8. Limerick's land
9. California competition for the Raptors
10. The \_\_\_ Family on PBS' "Downton Abbey"
11. "The Brady Bunch" mom
12. "Girl You Know It's True" duo half

13. High up
18. Stress side effect, some say
22. Expressionist painter, Emil \_\_\_ (b.1867 - d.1956)
25. Health food berry
26. \_\_\_easter
27. Rusty stuff, Iron \_\_\_
28. Collectively: 2 wds.
29. Canadian actress Ms. Cook, et al.
31. Twilight
33. CTV's "The Social" co-host: 2 wds.
34. Grass appendages
35. '90s sitcom, "\_\_\_ and Stacey"
37. Shopping spot
38. 5-5, in sports
41. Nourishment
43. Soeur's sibling
45. High-kicking performance
47. Very much opposed to
48. Novel with no paper pages
49. Television genre
50. Title comedy role for Adam Sandler
53. Quote
54. Tree-like Tolkien creatures
55. Metric system prefix meaning 'one-tenth'
56. Treble \_\_\_
57. Bob Marley & The Wailers album
60. Insult, in slang

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



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